



Recommended Supplements for Couples trying to Conceive

Women trying to conceive:

Prenatal vitamin or multivitamin, such as Flintstones Complete

Folic Acid 1-2 milligrams per day, additional to prenatal vitamin content

Omega-3 fatty acids: Salmon or other fatty fish 6 ounces/week, flax seed oils, or supplements

Vitamin C 1000 milligrams per day and 5 servings of fruit and vegetables per day

Vitamin D 1000 IU per day

Co Enzyme Q10 200 mg three times per day

Men trying to conceive with their partner:

Multivitamin

Folic Acid 1 milligram per day

Omega-3 fatty acids: Salmon or other fatty fish 6 ounces/week, flax seed oils, or Supplements

Vitamin C 1000 milligrams per day and 5 servings of fruit and vegetables per day

Vitamin D 1000 IU per day

Co Enzyme Q10 200 mg two times per day